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"Lady Mac" Canmore Alberta. Photo by Eric Lamoureux



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All advertisements and editorial submissions must be submitted by the 1st of the previous month for the following month's publication.

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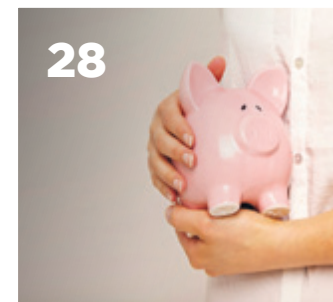
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MP for Banff-Airdrie



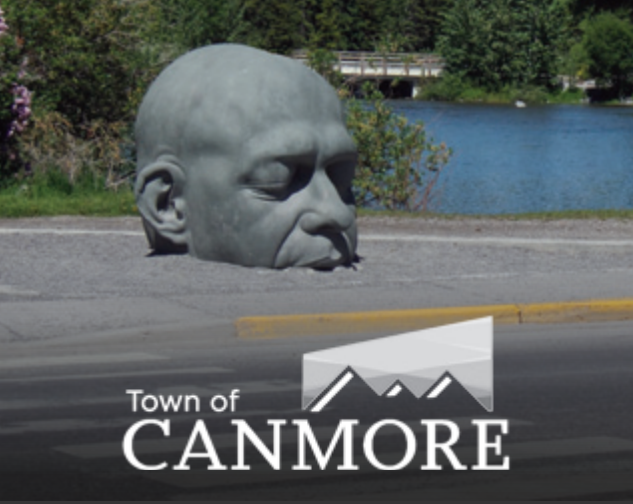
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CONTACT INFORMATION

TOWN OF CANMORE
403-678-1500

Upcoming Council Meetings:

Committee of the Whole meeting
October 11 1:00 pm

Regular Business Meeting
October 18 5:00 pm

CANMORE CIVIC CENTRE

902 7th Avenue
Canmore, AB - T1W 3K1
Phone: 403-678-1500
www.canmore.ca

ELEVATION PLACE

700 Railway Avenue,
Canmore, AB T1W 1P4
Phone: 403-678-8920
canmore.ca/elevationplace

CANMORE RECREATION CENTRE

1900 8 Avenue,
Canmore, AB T1W 1Y2
Phone: 403-678-8920

PUBLIC WORKS

100 Glacier Drive
Canmore, AB - T1W 1K8
Ph: 403-678-1580

IMPORTANT NUMBERS

CITY	
Town of Canmore	403-678-1500
Town of Canmore Animal Services	403-678-4244
ALL EMERGENCY CALLS 911	
Canmore Fire & Rescue	403-678-6199
RCMP	403-678-5519
SCHOOLS	
Elizabeth Rummel School	403-678-6292
Lawrence Grassi Middle School	403-678-6006
Canmore Collegiate High School	403-678-6192
CHURCHES	
Canmore Community Church	403-678-2399
Our Lake of the Rockies Catholic Parish	403-678-5002
Ralph Connor Memorial United Church	403-678-5354
Rocky Mountain Victory Church	403-678-9807
St. Michael's Anglican Church	403-678-5191

ELECTED POLITICIANS



Mayor of Canmore

John Borrowman

Canmore Civic Centre,
902 7th Ave, Canmore,
Alberta T1W 3K1
403-678-1517
mayor@canmore.ca



MLA for Banff-Cochrane

Cameron Westhead

102, 721 Main Street,
PO Box 8650
Canmore, AB - T1W 0B9
403-609-4509
banff.cochrane@assembly.ab.ca



MP for Banff-Airdrie

Blake Richards

Suite 16, 620 - 1st Avenue NW
Airdrie, AB - T4B 2R3
403-948-5103
blake.richards@parl.gc.ca

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- 25 m - 8 lane pool with depths from 4-8 feet
- Zero beach leisure pool
- Lazy river
- Large and small water slides
- Steam room
- On deck pool and second floor spectator viewing
- 25 person hot tub
- Locker rooms and showers
- On deck multi-purpose rooms

Community Library:

- Large multipurpose room
- Technology area
- Children's collection and story area
- Collection space

Climbing Centre:


- 7,000 square feet of climbing surface with wall heights from 15-45 feet
- Views to the community space and the Three Sisters

Art Gallery:

- Gallery for the Canmore Art Guild (CAG)

Community Amenities:

- Fitness Rooms
- Weight Room
- Community Atrium
- Fireplace and exterior deck
- Childcare Space

700 Railway Avenue,
Canmore, Alberta T1W 1P4  Elevation Place

www.elevationplace.ca



Feta Turkey Burgers with Sautéed Red Pepper and Onions

By: Rae-Ann Hagen, Registered Dietitian

Turkey Burgers have become a family staple over the past couple of years. This recipe was originally my husband's creation that has since evolved into this quick and easy meal. Not only is this super quick but they always make for a delicious healthy meal which makes this recipe perfect for both a weeknight family meal or a weekend BBQ with friends.

To make these burgers I recommend you start with your favourite fresh whole wheat bun. Follow the recipes for the feta turkey burger patties and sautéed red pepper and onion topping listed below. I find that fresh arugula adds a nice peppery flavour but any green will compliment these turkey burgers well.

I love to serve these with a yummy summer salad on the side to keep it light and fresh.



Feta Turkey Burger Patties

Ingredients:

- 1 package of ground turkey
- 1/4 cup of feta cheese
- 1 tsp dried oregano
- fresh ground pepper

Directions:

1. In a medium bowl, combine all ingredients. Divide into 4 equal parts and form into patties. If time allows let the patties rest in the fridge for an hour prior to cooking.
2. Cook the patties on a medium grill. Cooking time can vary but is typically around 20 minutes. Check the internal temperature is at least 165 °F to ensure the patties are fully cooked.
3. Serve on a fresh bun, top with the red pepper onion topping and fresh arugula.



Sautéed Red Pepper & Onion Topping

Ingredients:

- 1/2 red pepper thinly sliced
- 1/4 white onion thinly sliced
- 1 tbsp. canola oil
- Pinch of Montreal Steak spice

Directions:

1. Put red peppers, onions, canola oil and Montreal steak spice together in a pan. Cook on a medium heat until soft, around 5 minutes.
2. Place on top of your grilled feta turkey burger.
3. Serve these with a yummy summer salad.

Enjoy these with family and friends during this fabulous barbeque season! 🍴

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HALLOWEEN SAFETY

The members of Calgary's Halloween Partners for Safety: Calgary's Child Magazine, EMS, Calgary Police, Fire, 9-1-1, Bylaw, Transit, and Shaw Communications would like to remind parents and trick-or-treaters of some Halloween safety tips, as October 31st approaches.

Partners for Safety vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

Trick-or-Treaters

- Remember: all regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Stay away from houses that are not well lit. Do not accept rides from strangers, or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

Costumes

- All accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.

- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate foot wear that takes into consideration weather conditions and walking.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing, or making costumes, look for materials and accessories that are labeled flame-resistant.
- Choose bright colored costumes that are highly visible. Adding reflective tape to costumes further increases visibility.

Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.

Community Events



Bring your own Vinyl and Games night

Wednesdays 8-12 pm at
Where The Buffalo Roam Saloon
#2 626 MAIN ST. Canmore, AB
☎ 403.675.2222
🌐 canmoresaloon.ca



Wine Down Wednesdays

Wednesdays 5-10 pm
at Tapas Restaurant
633 10 St, Canmore, AB T1W 2A2
☎ 403.609.0583
🌐 tapascanmore.ca



Open Jam Night

Thursdays 9pm – 2am at
Tavern 1883
709 9th Street, Canmore, AB,
☎ 403. 609.2000
🌐 tavern1883.com



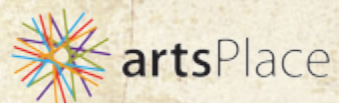
Grizzly Ultra Marathon and Relay

October 9, 2016
Start time 9 am
Canmore Nordic Centre
Provincial Park
🌐 grizzlyevents.ca



Vic Lewis Band Festival

Nov 6-8, 2016
ArtsPlace Theatre, Canmore
950 – 8th Avenue
🌐 artsplacecanmore.com



An economic way to experience single track trails in the Bow Valley

Article by Ryan Draper

Single track in the valley has been explored by many means over the years. Bikes, hiking, walking and even horseback have their places on the local trails. Today one of the most common ways of exploring new and old single track trails is through the sport of trail running.

Trail running has mixed roots with some adopting it because running on roads and concrete have created unwanted impact. Others have moved to a slower paced sport from the break neck speeds of full on mountain biking, while others have adopted it for its fairly economic commitment.

Aside from good trail running footwear, a few key pieces of gear are needed for safe and fun trail running in the Rockies.

Bear spray, a hydration pack or belt, and a good lightweight rain jacket top the list; with collapsible hiking poles as well as technical running shorts and shirt as secondary pieces for the more adventurous runners. For late fall and early spring runs, you may want to consider a small head lamp for visibility or in case of emergency.

Canmore has many different trails to explore with shared use, variable difficulty, and two-way traffic flow on most of them. Some of the classics for the advanced trail runner are the Highline trail or the New High Rockies trail on the back side of the South range behind Three Sisters and beyond.

For the beginner, many river path trails and a huge network of variable trails exist at the Canmore Nordic Centre, which is also home to many trail running races for those seeking to make their adventure into a full blown race.

The best part about trail running single track in the Bow Valley is that it's a year round activity. With so much fat bike and foot traffic on all the local trails, it makes for a fun winter activity and challenge. Having winter trail running shoes or slip-on shoe crampons definitely helps on the icy sections and a light weight pair of running snowshoes can still get you out after a good snow fall.

If you're looking for a group of cool cats to run with and to learn more about trail running and the vibe here in the area, there is a group of fun, like-minded individuals that meet weekly to explore and play on the local single track. Find their group, Canmore Trail Culture, on FaceBook and join them for a fun-filled evening. If you're still a bit timid to try it, just know that this group offers variable speeds to accommodate all levels, as ex-Olympians and newbies show up to the runs regularly.

A quick tip to making your first trail running experience in the mountains a success is to consider walking up the hills and running when the terrain is flat or going down hill. After a few runs progress to running some of the shorter hills first and eventually run the entire trail.

Don't forget to enjoy the view. 📷





Photo credit - Joanna Miller



arts and events
TOWN OF CANMORE

www.canmore.ca
events@canmore.ca

OCTOBER/ NOVEMBER 2016

Through the Lens

Selection of photos from Canmore students since 1997

Where: Three Sisters Gallery
(2nd Level at Elevation Place)
from Sept 22 - October 24, 2016

Catch, Linda Frena

Where: Elevation Place
700 Railway Ave, Canmore, AB
from October 26 - November 23
Opening Reception Friday October 28

FIRST THURSDAYS

Other Ways of Being
Frances Klatzel

Selection of photos from Canmore students since 1997

Where: artsPlace 950-8Ave
Thursday October 6 at 7pm

Materials as Metaphor
Katherine Cooke

Where: artsPlace 950-8Ave
Thursday November 3 at 7pm

The Town of Canmore is committed to developing community spirit and identity through funding a wide range of cultural initiatives and community celebrations.



HOME GARDENING

Alberta Bees

By Barbara Shorrock

Photo by Wilson Hui

If I hadn't gone to hear Lyndon Penner speak and bought his latest book *Native Plants for the Short Season Yard*, I wouldn't have learned about the Helen Schuler Nature Centre. Because I had read about it I jumped at the chance to drive down to Lethbridge with a friend one day and visit the centre to see its rooftop garden planted with native grasses and flowers. (Actually we were on a mission to source Spudnuts but that's a different story.) We did indeed see the native garden, and it is wonderful, definitely worth the drive. But even better was the display on the main level. This display changes several times a year, at the time of our visit featuring Alberta's native bees. It was fascinating.

Everyone is familiar with *Bombus* the bumblebee, first to appear in the spring, and *Apis mellifera* the honeybee, so necessary for crop pollination, not to mention honey production. Gardeners know about the leaf-cutter bee and some have built boxes for mason bees to keep them in the neighbourhood.

There are actually over 800 species of native bees in Canada; our scientists have identified more than 30 species native to Alberta, some of which look so much like flies that you need to look very closely to tell the difference. There are orchard bees and mining bees, sweat bees, carpenter bees and plasterer bees, to name just a few. Some sting, most don't. Most collect nectar and pollen, some are predators. Some, like the early-to-rise bumblebee and many of the smaller native guys, are out and about at the crack of dawn before the honeybee wakes up, and are more cold tolerant, foraging on cool cloudy days while the honeybee waits for the sun.

Some bumblebee species are solitary, while others live in colonies, typically in holes underground. Usually, only the queen survives our harsh winter;

the workers die off. Many native bees rely upon the nectar from only a few species of plants - you can imagine what happens when those plants are eradicated for commercial development or monoculture (think vast expanses of neatly trimmed grass - totally useless to a bee).

Yes, some of them have stingers, but if you behave calmly when working in your garden in the company of bees, there is rarely a problem (unlike wasps, who are constantly in search of trouble and have a more aggressive nature). If you care about the environment and would like to create a bee (and butterfly, incidentally) friendly garden, consider adding some native plants to your space. The list is very long indeed, including asters, blue flax, columbine, bee balm, clematis, honeysuckle, Jacob's ladder and on and on. No doubt you already have some of these in your perennial beds, whether native or hybrid species. Watch what is attracting bees from spring to fall - when you have identified the successful attractors, plant more. The other part of the equation is pesticides - the lack of them. A chemical that will kill a caterpillar or moth will kill a bee. Simple as that. A bee friendly garden is a pesticide free garden.

Seventy percent (70%) of all flowering plants need bees to pollinate so they can reproduce. The Department of Agriculture tells us that one-third of the human diet comes from insect-pollinated plants. Have you ever stood under a tree in bloom in the spring, and thought the whole tree was buzzing? Right. The pollinators are hard at work. Bees are hugely important to our society.

Barbara Shorrock is a member of the Queensland Garden Club, which meets monthly on the first Wednesday at the Queensland Community Centre. All are welcome; it doesn't matter where you live.

START FALL OFF ON THE RIGHT FOOT

By Paula Trotter, The Canadian Cancer Society, Alberta/NWT Division



Fall sees adults getting back to their regular routines at work – routines that often involve a lot of sitting.

Canadian adults are sedentary for nearly 70 per cent of their waking hours. More of us work at a desk and choose activities that involve a lot of sitting, like watching TV and playing games.

The problem with sedentary behavior is that it contributes to weight gain – and being overweight and obese increases your risk of developing cancer. Research has shown that just 30 minutes of moderate daily activity can protect you against colorectal, breast and uterine cancers.

It's important to note, however, that you can still be at an increased risk of developing cancer even if you do exercise regularly, but then spend the rest of your day sitting.

That's why you should take frequent, short breaks from sitting – standing or moving for just two to three minutes at a time can be beneficial.

Here are some Canadian Cancer Society tips to help you move more and sit less, both at home and your workplace:

- If you haven't been physically active for quite a while, ask your doctor to suggest activities that suit your age, fitness level, and general health, as well as any activities you should avoid.

- Take hourly breaks from sitting at work. Set an alarm, then stand up and stretch.
- Walk around or stand while you're talking on the phone at work.
- Start an activity club at work. It can be as simple as going for a walk over the lunch hour.
- Schedule your activities. Pick a time and place, and invite a friend who can help keep you on track.
- Turn physical activity into a social event. Go to the park with a group of friends and a Frisbee. Invite the neighbours and their kids over to play ball hockey or basketball. And don't just watch your kids play – join them in games of tag or soccer.
- Swap 30 minutes of television for a 30-minute walk each day.
- Walk or ride your bike to work; if you live too far to be an active commuter, choose to park a few blocks away and walk the rest of the way to your office.

For more cancer prevention tips, please visit the Canadian Cancer Society online at cancer.ca/prevention.



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Photo credit Kay Petryk



Canmore Wine Merchants

Purveyors of Uncommon Wines, Spirits & Beers

Located at 836 Main St, Canmore, under the Wood Restaurant and open 7 days a week, Canmore Wine Merchants is only months away from celebrating ten years of operation. The formula that the business has been based on from day one is: Knowledge, Value and Uncommon Service.

From the start, Canmore Wine Merchants had some strong philosophies. Firstly, the wine, beer and spirits had to be different - uncommon. There are literally millions of tasty treats being produced by dedicated people all over the world and yet most retail outlets only carry a handful of the same old, mass-produced products.

Secondly, we recognized that everyone had a budget. We wanted to offer wines that people could drink every day, not just on special



occasions. It was important to offer great value as well as great wine. In our opinion, wine is a grocery, not a luxury.

Wine should simply be on your everyday shopping list and for that reason we have always built stacks of our best value, under \$20 bottles, right in the centre of the shop. If you have \$15 to spend, we want you to have the best, most interesting, small vineyard wine that your money can buy.

The greatest delight about wine as a product is its extraordinary variety. Canmore Wine Merchants is dedicated to helping customers discover that variety and, once converted, they'll never go back to mass production sameness.

Finally we committed to having staff that are knowledgeable about their products. We pre-taste every wine before we bring it into the shop.



Chief Wine Taster, Jaz Nadeau from Canmore Wine Merchants

This way we are able to help with selections or just chat about new products. Every weekend, we have wine samples and we regularly feature Wine Courses. All this adds to general wine education and enjoyment.

So who is our Chief Wine Taster?

Jaz Nadeau has been with Canmore Wine Merchants from the beginning and he has an amazing ability to describe food and wine, in both official languages!

He's been sharing his warm personality and technical mastery of the fascinating world of wines and spirits with residents and visitors to the Bow Valley since 2007.

Jaz studied the intricacies of pairing food and wine with the Wine and Spirit Education Trust in Calgary and Vocational Studies Accreditation in Sherbrook, Quebec, graduating first in class.

Prior to becoming a Sommelier, Jaz worked as a Fine Dining Server and Wine Steward in high-end restaurants in Québec, Alberta, Nova Scotia and Australia. He has a Diploma of Vocational Studies in Food Services.

Every Saturday from 2:00pm till 6:00pm, Jaz invites a wine specialist to bring the latest releases to the store for sampling. The tastings are free and, you

never know, you might just discover why Nero d'Avola from the island of Sicily goes so well with wild game.

Come and join us in celebrating the "Nectar of the Gods".

Canmore Wine Merchants

STEP 1 Drop by the store

STEP 2 Make a selection

STEP 3 Repeat as necessary

836 Main St. (under The Wood Restaurant)
403-678-4999 • canmorewine.com



TRAVEL

Career Planning is like Travelling

Andrea Christensen B.Ed, CDP



The process of career planning is similar to travelling in more than one way, but I'm not talking about one of those vacations where you park yourself on a beach for 7 days.

I'm talking about taking a trip to an unfamiliar place that exposes you to new sights, and has the potential to alter your views about the world that we live in.

Career guidance and planning has the possibility of uncovering some things about yourself that were hidden, or perhaps reinforce some things that you suspected, and ultimately give you a fresh perspective on what you should be doing with your life.

Sometimes people ask why one should go through the process of career planning when things won't end up like that anyway.

Well, anyone who has gone on a long trip will tell you that certain destinations are pre-scheduled in the itinerary as "must-see", some things are "nice to see" and that everything else is open to where the travels may lead you.

Any travel itinerary that is over-scheduled or planned to the last detail is bound to lead to disappointment and missed opportunities.

However, an overall idea of where one wants to direct themselves is critical in the success of any trip.

Career planning is like that.... You want to have an overall idea of where you should go based on your personality, values, talents and skills. Following opportunities that don't jive with your purpose can ultimately lead to job burnout, unhappiness and lack of vigor for work or life.

A career plan forces one to look into the future and consider possibilities that are desirable.

With the image of this preferred future in mind, you can set goals and work towards them with success, keeping flexibility as the key to not missing out on anything unexpected.

Keep asking yourself "What do I really want?" The answer will enable you to stay focused, considering only the choices that are a good fit for you!

Andrea Christensen B.Ed, CDP, is an Independent Career Practitioner and works with teens and adults on career guidance, career transition and educational planning.



MLA for Banff-Cochrane

Cameron Westhead

102, 721 Main Street,
PO Box 8650 Canmore,
Alberta - T1W 0B9
403.609.4509
banff.cochrane@assembly.ab.ca

I hope you had a great summer enjoying the great outdoors with friends and family.

The talented artists, athletes, entrepreneurs, and citizens that call Canmore home are an inspiration, and combined with the beautiful scenery, draw tourists from around the world.

Locals and visitors alike will benefit from several projects that our government recently announced for the Bow Valley. With the continued increase in visitors to Kananaskis Country, \$18.5 million in upgrades to the Kananaskis Emergency Services Centre will ensure that first responders have modern facilities to best meet their needs. The new facility will provide fire and advanced life support ambulance services for both residents and the many tourists who take advantage of recreational opportunities in the Kananaskis region.

I had the pleasure in June, 2016 on behalf of Minister Brian Mason to announce nearly \$1.6 million in funding to upgrade the Town of Canmore's wastewater treatment facility as part of the Alberta Municipal Water/Wastewater Partnership and Water For Life grant programs that saw increased funding by the Alberta Government in Budget 2016. This funding will improve access to safe, reliable water supplies and enhance environmentally sustainable wastewater treatment while creating jobs in Canmore and across the province.

Another significant investment the government has made in the Bow Valley is to the region's many provincial parks and recreation areas. This investment will support implementation of Alberta Parks' commitments under the South Saskatchewan Regional Plan.

It will also address facility upgrades and capital maintenance through Capital Maintenance and Renewal funding. As part of a \$239 million package to upgrade provincial parks throughout Alberta, \$25 million in capital funding over the next five

years will go towards upgrading, maintaining, expanding and developing parks infrastructure for:

- Bow Valley Provincial Park
- Peter Lougheed Provincial Park
- Don Getty Wildland Provincial Park
- Big Hill Springs Provincial Park
- Elbow River Provincial Recreation Area
- Sibbald Lake Provincial Recreation Area
- West Bragg Creek Provincial Recreation Area
- Cobble Flats Provincial Recreation Area
- McLean Creek Provincial Recreation Area
- Gooseberry Provincial Recreation Area
- Fallen Timber South Provincial Recreation Area
- Kananaskis region (multiple capital projects)

Over the course of the summer I was fortunate to attend many community events and meet with constituents. Highlights include Canada Day, Canmore Folk Fest, and volunteering with Friends of Kananaskis to help build trails at the Canmore Nordic Centre.

From September 30 to October 1, Alberta Culture Days took place at venues throughout the Bow Valley. The Whyte Museum was an official celebration site, with eight organizations working together to host Banff Buffalo Days. This event celebrated the return of the bison to Banff National Park and the signing of the Buffalo Treaty by 12 nations/tribes in a historic treaty of co-operation, renewal and restoration with First Nations leaders.

Looking forward to winter, I hope that you are tuning up your snow sports gear to enjoy all of the trails and facilities the Bow Valley has to offer. I wish you and your family the best, and I look forward to seeing you around the community.

Sincerely,
Cameron Westhead
MLA for Banff-Cochrane

Family Money A financial checklist for families

Suzanne Smith-Demers – Consultant

Raising children is definitely a joy — it's also expensive. That is why it's important to have a financial plan in place for the many stages of a client's life.

Pre-baby

- Research all available employee and government parental benefits so you'll know what your income is likely to be while you're away from work.
- Review your current financial plan(s) and determine what you want to save in advance of having a child and what your family budget will be when your new addition arrives.
- Arrange for a last will and testament or update your most recent will to be sure it includes your wishes for your children (and any future children) education, care and inheritance. Name a guardian for minor children in the event of your death.

Infant and Toddler (0-5)

- Register your child for all government benefits.
- Open an RESP to receive government grants which can provide a \$500/year increase on the money you save.

The early years (5-10)

- Open a savings account for your child.
- Save the receipts from daycare and extra-curricular programs because they may be eligible for the child care expense deduction.

Adolescent and Teenager (11-19)

- Talk to your kids about earning, saving and spending wisely.
- Help them to divide their income into areas like current spending and savings for their goals.
- Teach them about loans and good and bad forms of debt.

Young adult (20-25)

- Discuss budgets and options for how to purchase of their first home.
- Talk with them about savings plans like TFSAs and RRSPs.
- Encourage them to work with a professional to file proper tax returns.

Life can bring joy and happiness along with change and challenges; preparing your children to become financially independent is a great way to help them succeed.



MP for Banff-Airdrie

Blake Richards

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Friends,

I'm pleased to contribute to Canmore Connection's first issue and would like to extend my congratulations in the launch of this new monthly magazine devoted to the town of Canmore's community news, issues and events.

Canmore is an amazing place to live, work and visit and I believe increasing opportunities for residents to access more local content will help continue to connect community members and local businesses.

Contributing here regularly will be another important opportunity for me to report back to you on the issues I am focused on in Ottawa.

As the official Opposition Critic for Tourism and as your Member of Parliament, bringing a strong voice to the issues that matter most here continues to be my top priority.

Your feedback – your letters and emails, responses to surveys, and our face-to-face conversations – have helped to refine the ideas, discussion and debate I work hard to bring to the House of Commons on your behalf.

Fighting for Taxpayers and our Economy

The Liberal government has run a budget deficit in the billions of dollars without a plan to return to balance. They eliminated arts, fitness and education tax credits for families (as well as income splitting for couples with children).

They will burden every family with two working parents with up to an additional \$2,200 or more per year in Canada Pension Plan (CPP) contributions, a move that hurts small businesses and puts thousands of jobs at risk at a time so many Albertans are already struggling to get back to work.

I will continue to voice strong opposition to these actions that directly affect Canadians' livelihood and so many of the families from our own community.

Canadians Demand a Referendum

While the government pushes forward with plans to change Canada's voting system, I don't believe this is a decision that should be made solely by politicians and political parties. When changes are proposed to our method of voting, every Canadian should have a say and that means holding a referendum.

In fact, more than 73 per cent of Canadians believe only a referendum can gauge whether a change of this magnitude is truly in the best interests of all Canadians.

This is a point I will continue to make as I work with the Liberal appointed committee tasked with evaluating changes to how we elect members of parliament and form government.

I will continue to engage with Canadians, here at home, and across the country on this important issue. If you agree, visit www.blakerichards.ca/have-your-say.

I would like to thank you for the opportunity to continue to serve as your representative in Ottawa. It is an honour and a privilege.

For regular updates, sign up for my newsletter at blakerichards.ca or on Facebook at facebook.com/blakerichards.ca.

Sincerely,

Blake Richards
MP Banff-Airdrie

BUSINESS CLASSIFIEDS

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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HOME BUSINESS OPPORTUNITY: Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

For business classified ad rates call Great News Publishing at 403-263-3044 or email sales@great-news.ca

Photo credit Kay Petryk



Local Content

Great News Publishing is looking for local photo enthusiast and writers/bloggers that want to submit content for the Canmore Connection.

Do you have some photos of the town that you are proud of? Do you feel passionate about any of the amazing activities available in the mountains and want to share it with others? This is a great way to get your name seen and your story heard.

Email us today at canmore@great-news.ca to learn more about how you can get published!

*photo credit provided in the newsletter

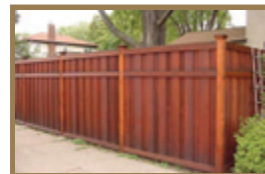


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